

**Full Report (All Nutrients) 12177, Nuts, coconut meat, dried (desiccated), creamed**

Report Date:April 27, 2014 07:01 EDT

Nutrient values and weights are for edible portion

Food Group : Nut and Seed Products

Carbohydrate Factor: 4.07 Fat Factor: 8.37 Protein Factor:3.47 Nitrogen to Protein Conversion Factor:5.3

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1.0 oz 28.35g
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**Proximates**

Water	g	1.67	--	--	0.47
Energy	kcal	684	--	--	194
Energy	kJ	2862	--	--	811
Protein	g	5.30	--	--	1.50
Total lipid (fat)	g	69.08	--	--	19.58
Ash	g	2.44	--	--	0.69
Carbohydrate, by difference	g	21.52	--	--	6.10

**Minerals**

Calcium, Ca	mg	26	--	--	7
Iron, Fe	mg	3.36	--	--	0.95
Magnesium, Mg	mg	92	--	--	26
Phosphorus, P	mg	209	--	--	59
Potassium, K	mg	551	--	--	156
Sodium, Na	mg	37	--	--	10
Zinc, Zn	mg	2.04	--	--	0.58
Copper, Cu	mg	0.807	--	--	0.229
Manganese, Mn	mg	2.783	--	--	0.789

**Vitamins**

Vitamin C, total ascorbic acid	mg	1.5	--	--	0.4
Thiamin	mg	0.061	--	--	0.017
Riboflavin	mg	0.101	--	--	0.029
Niacin	mg	0.611	--	--	0.173
Pantothenic acid	mg	0.811	--	--	0.230

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1.0 oz 28.35g
Vitamin B-6	mg	0.304	--	--	0.086
Folate, total	µg	9	--	--	3
Folic acid	µg	0	--	--	0
Folate, food	µg	9	--	--	3
Folate, DFE	µg	9	--	--	3
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
<b>Lipids</b>					
Fatty acids, total saturated	g	61.257	--	--	17.366
6:0	g	0.393	--	--	0.111
8:0	g	4.840	--	--	1.372
10:0	g	3.846	--	--	1.090
12:0	g	30.646	--	--	8.688
14:0	g	12.100	--	--	3.430
16:0	g	5.856	--	--	1.660
18:0	g	3.577	--	--	1.014
Fatty acids, total monounsaturated	g	2.939	--	--	0.833
18:1 undifferentiated	g	2.939	--	--	0.833
Fatty acids, total polyunsaturated	g	0.756	--	--	0.214
18:2 undifferentiated	g	0.756	--	--	0.214
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
Tryptophan	g	0.062	--	--	0.018
Threonine	g	0.193	--	--	0.055
Isoleucine	g	0.208	--	--	0.059
Leucine	g	0.393	--	--	0.111
Lysine	g	0.234	--	--	0.066
Methionine	g	0.099	--	--	0.028
Cystine	g	0.105	--	--	0.030

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1.0 oz 28.35g
Phenylalanine	g	0.269	--	--	0.076
Tyrosine	g	0.164	--	--	0.046
Valine	g	0.321	--	--	0.091
Arginine	g	0.870	--	--	0.247
Histidine	g	0.122	--	--	0.035
Alanine	g	0.271	--	--	0.077
Aspartic acid	g	0.518	--	--	0.147
Glutamic acid	g	1.212	--	--	0.344
Glycine	g	0.251	--	--	0.071
Proline	g	0.219	--	--	0.062
Serine	g	0.274	--	--	0.078

Langual Code(s)

- A0260 NUT OR NUT PRODUCT (US CFR)
- A1282 1200 NUT AND SEED PRODUCTS (USDA SR)
- B1536 COCONUT
- C0134 SEED, SKIN REMOVED
- E0119 SEMISOLID WITH SMOOTH CONSISTENCY
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0138 WATER REMOVED
- J0116 DEHYDRATED OR DRIED
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION